



Making Wellness Work

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City of Concord Wellness Program



Benefits of Olive Oil

Olive oil, a major component of the Mediterranean diet, is a traditional fat that has been a dietary staple for some of the world's healthiest people. Donna Patch, MS, RD, LD from Concord Hospital will help us to learn about olive oil and some of its powerful health benefits that you can derive when adding it to a healthy diet. As a participant in this program, you will get to taste some fine olive oils from Main Street Concord's Celeste Oliva.

[Register](#) now to join us on the following dates and times:

Tuesday	9/22/15	12:00 pm—1:00pm	COMF Cafeteria
Monday	9/28/15	12:00 pm—1:00pm	Council Chambers

**unfortunately, there will not be a nighttime session due to the presenters availability*

All employees and City-insured spouses are welcome to attend during their 'non-work' time. You or your spouse will earn one (1) Wellflex health education unit for attending this workshop. If necessary, please remember to coordinate your attendance with your supervisor.

You may register for the education session by [email](#) or you may contact HR at 225-8535 for assistance or additional information.